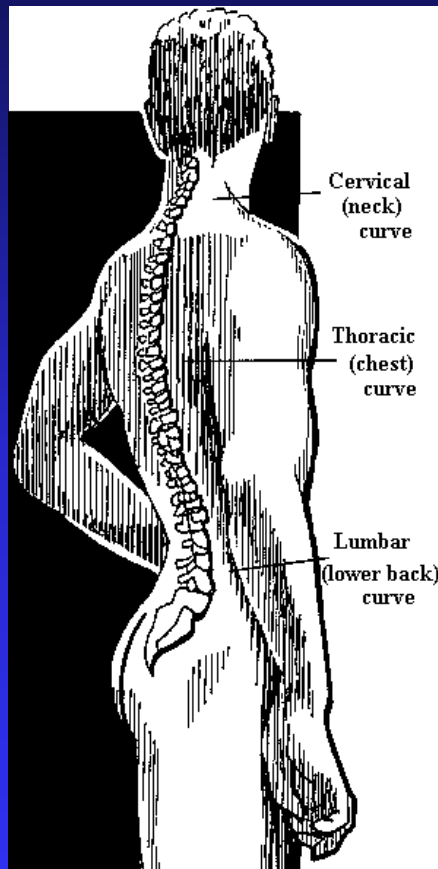


# Healthy Backs for Life

Achieving Back Health Through  
The Development of Core Strength

# Overview of the Back



- Cervical (neck region)
- Thoracic (chest region)
- Lumbar (lower back)

# An Aching Back

- Physical Conditions
  - ◆ Scoliosis
  - ◆ Arthritis
  - ◆ Ruptured Disks
- Poor Posture
- Weak Muscles

# Preventative Back Care

Knowledge

+

Posture

+

Exercise

=

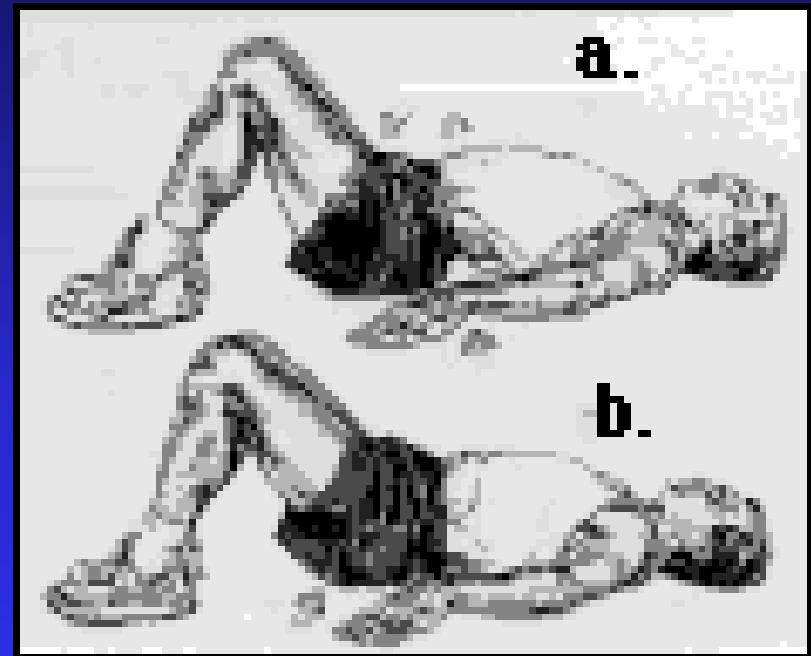
FREEDOM!



# **Exercises to Strengthen the Lower Back and Surrounding Areas**

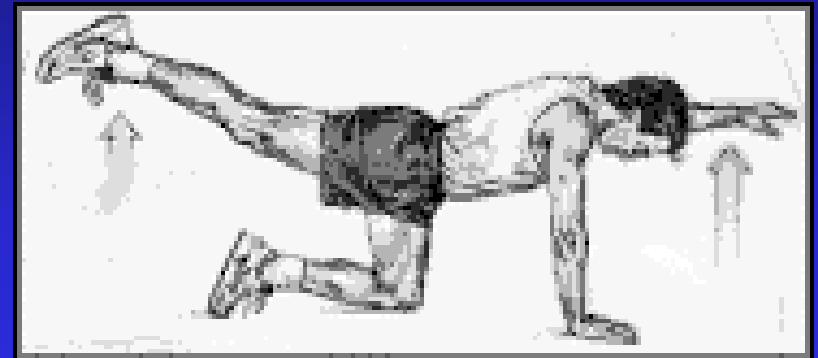
# Pelvic Tilts

- Lie on back with knees bent, feet flat on floor, and arms at sides.
- Flatten small of back against floor. (Hips will tilt upward.)
- Hold for 10 to 15 seconds and release. Gradually increase your holding time to 60 seconds.



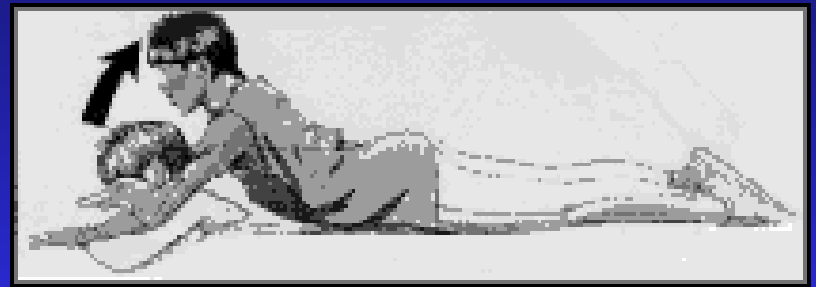
# Alternate Arm/Leg Extension

- Face floor on hands and knees.
- Raise left arm and right leg. Do not arch neck.
- Hold for 10 seconds and release.
- Raise right arm and left leg.
- Hold for 10 seconds and release.



# Prone Lumbar Extension

- Lie on your stomach. Place your hands on the floor, near the sides of your head.
- Slowly push your upper body off the floor, by straightening your arms, but keeping your hips on the floor. Hold for 10 seconds.





# Prone Leg Raises

- Lie on your stomach. Tighten the muscles in one leg, and raise it from the floor.
- Hold your leg up for a count of 10, and return it to the floor.
- Do the same with the other leg. Repeat 5 times with each leg.

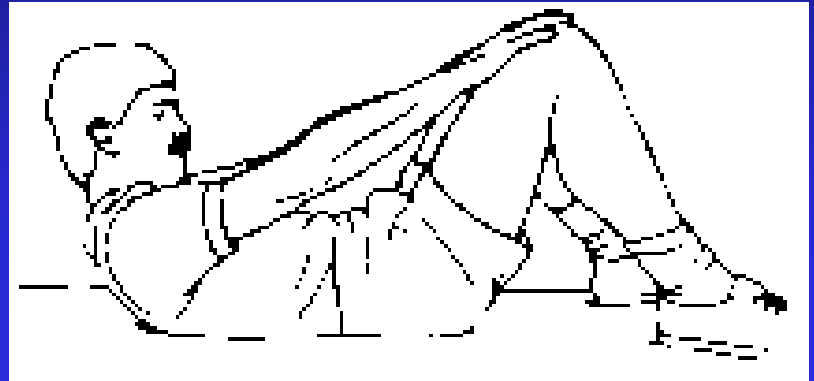


# **Abdominal Exercises:**

Another Important Factor In  
Developing A Strong Back

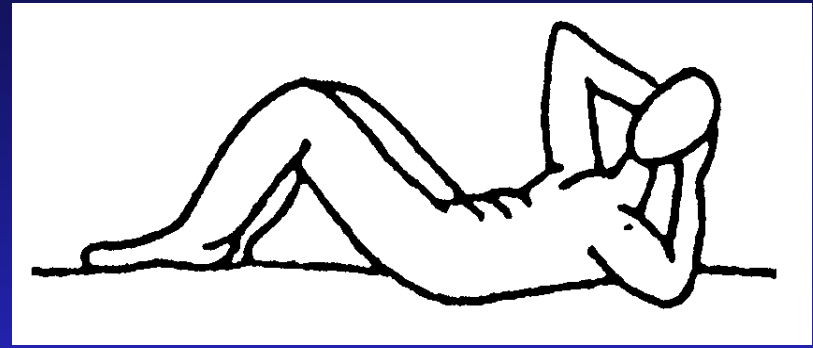
# Partial Sit-Up / Crunch

- Lie on your back, with knees bent and feet flat on floor.
- Slowly raise your head and shoulders off the floor, and reach toward your knees with both hands.
- Count to 10.
- Repeat 5 times.



# Oblique Crunch

- Start with the pelvic tilt position.
- Keep one elbow on the ground, to support your upper back muscles and ensure full range of motion.
- Leading with the opposite shoulder, slowly curl your body up, rotating your trunk toward the opposite knee.



- Once your shoulder blade has cleared the floor, hold the position for 3 - 5 counts, then slowly lower.
- Do 10 - 20 repetitions.

**Start out by doing these  
exercises once a week.**

**Gradually build up to doing  
them every other day.**

**You will feel and see the results  
within a couple of weeks!**